



2011 Journey to Wellness Fitness Challenge

Step by step directions for signing up for SparkAmerica's SparkStreaks.

SPARKAMERICA Fitness Challenge: SparkStreaks Challenge

If you have chosen to participate in SparkStreak challenge your next step is to access your Sparkstreaks page .You can do this at the drop down box in the left-hand navigation bar or just below HEALTH CONDITIONS where the word SparkStreak is located. Click here to get started on choosing your fitness streak.

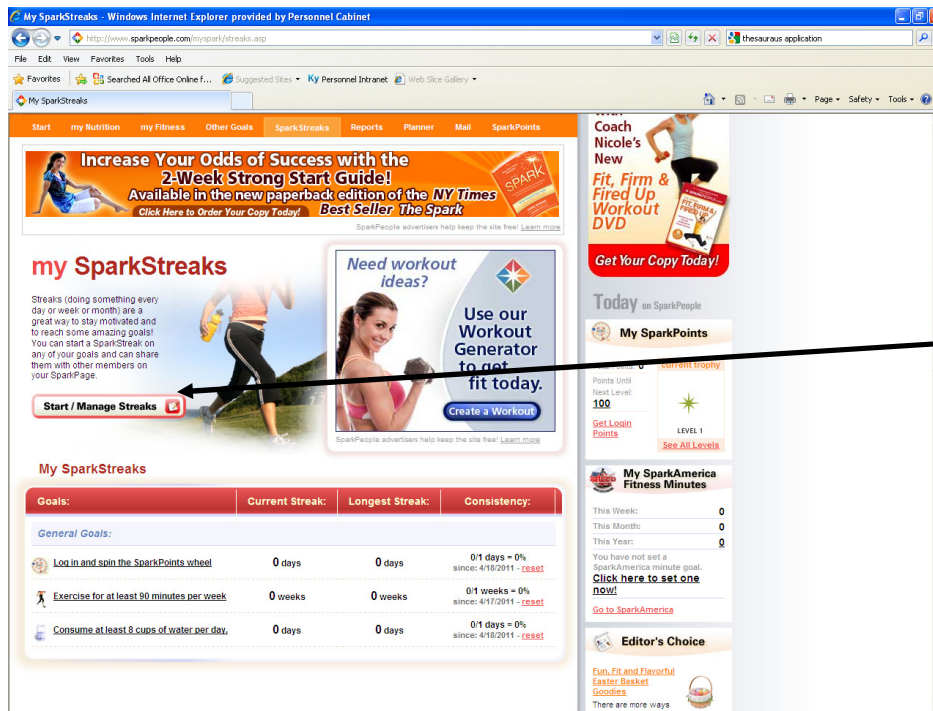
SparkStreaks Step 1: Click here to get started on choosing your fitness streak.

The screenshot shows the SparkPeople website interface. The left navigation bar includes links for MY TRACKERS, my Nutrition, my Fitness, Other Goals, SparkStreaks, Reports, Planner, SparkMail, my SparkPoints, and Web Search. The main content area features a section for SparkPoints, a current trophy, and a table for Daily SparkPoint Challenges.

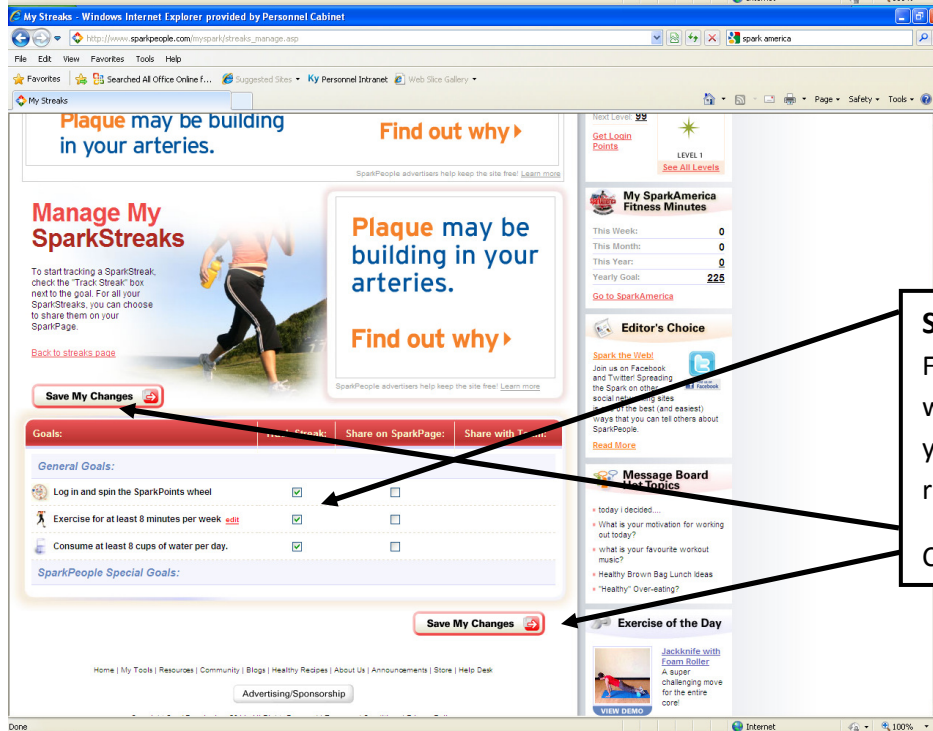
CHALLENGE	POINT VALUES	TODAY'S POINTS	ACTION LINK
Track Food Eaten	1 point / food (max 10 / day)	0	...Track Now
Track Cardio Minutes	1 point / 5 minutes (max 24 / day) (Your Total Minutes: 0)	0	...Track Now
Track Other Exercises	1 point / goal tracked (max 10 / day)	1	...Track Now

SparkStreaks Image 1

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SparkStreaks Step 2: Click on Start/Manage Streaks.



SparkStreaks Step 3: Select your Fitness Streak here and how you want to track it. You choose what your streak will be. SparkPeople recommends 10 minutes.

Click on Save my Changes

SparkStreaks Image 2